

THE YOGA ROOM

2530 San Pablo Avenue, Suite D, Berkeley, CA 94702 • YogaRoomBerkeley.com

ADVANCED STUDIES PROGRAM 2012–2013

Statement of Purpose

Founded in 1978, The Yoga Room is dedicated to the practice of hatha yoga as taught by B.K.S. Iyengar, author of *Light on Yoga* and *Light on Pranayama*. Our Advanced Studies Program (begun in 1988) is now a two-year certificate program at the 500-hour level. We also offer Continuing Education for certified teachers.

Curriculum

Year 1. The Personal Practice Year focuses on developing a home yoga practice and a general knowledge of all aspects of yoga.

Year 2. The Teacher Training Year emphasizes basic teaching skills. Those who successfully complete this year will be awarded The Yoga Room Advanced Studies Certificate.

Year 3. Continuing Education for certified teachers. (Optional)

Admission

To enroll in the Advanced Studies Program, you must submit an application form, and have the written recommendation of your primary or ongoing teacher. There is a one-time application fee of \$40.

To be eligible for Personal Practice Classes, the applicant should have studied Iyengar-style yoga for at least the past two years, including six months in a level 2–4 class with a Yoga Room teacher or graduate. Other students are welcome to join Special Studies Classes, if space permits. (See the Year 1 Overview.)

Length of Study

The Advanced Studies Program is a two-year program, but students may extend the time to meet their personal needs. The Program runs from September–June each year, with a two-month break July–August.

Credit for Courses

Students who wish to receive credit for courses must attend at least seven of the eight classes per series, and submit all written papers and assignments.

If a student is absent more than once because of illness or other emergency, special arrangements may be made with the teacher of the class to cover the material missed, if the teacher considers it appropriate and feasible. This must be done within two months of the last meeting of the class.

Transfer Students

Students who already have a yoga teaching certificate at the 200-hour level or greater, will be exempted from first year classes provided that (1) they have a consistent home practice, and (2) they study with Mary Lou Weprin for at least six months prior to beginning the second year classes.

Transfer of Credits

The Yoga Room will accept credit for anatomy and kinesiology courses taken at a recognized educational facility. Requests for transfer of credit for other Special Studies classes will be considered on an individual basis.

Fees & Registration

Tuition for Advanced Studies classes is \$184 per series. There may be additional charges for handouts. Fees are due at the first class of each two-month series. Register at least one week in advance by contacting Deidre O'Brien.

Tuition

Tuition for the Advanced Studies Program, including ongoing classes, is approximately \$2,400 for the first year and \$2,584 for the second year—or about \$4,984 for the program. For those who want to ease this financial burden, we offer a work-study program.

A refund will be given for Advanced Studies classes if we receive notification of cancellation at least 24 hours before the second meeting of the class. Otherwise, fees are nonrefundable.

Contact

For information or an application, contact Deidre O'Brien at deidrelobrien@aol.com or 510-849-2045. *No calls after 9:00pm.*

ADVANCED STUDIES FACULTY

Donald Moyer, *Director*

Mary Lou Weprin, *Associate Director*

Deidre O'Brien,
Advanced Studies Administrator

Sandy Blaine, Debbie Gilman,
Bonnie Maeda, Shari Ser,
Phid Simons, Gay White

YEAR I: PERSONAL PRACTICE YEAR

YEAR 1 OVERVIEW

Weekly Requirements

September–June

| | |
|-------------------------|-------------------------------------|
| Special Studies Class | Mon 5:45–7:15pm |
| Personal Practice Class | Mon 7:30–9:00pm |
| Ongoing Yoga Class | Level 2–4 or 3–5 |
| Home Practice | 5x per week (2x 1 hr; 3x 1/2 hr) |

Special Studies Classes

These classes provide a general background in anatomy, pranayama, and yoga philosophy.

- Breathing Awareness
- Anatomy I & Anatomy II
- The Wisdom of Yoga
- Pranayama

Personal Practice Classes

These classes are intended to give the student a deeper understanding of the poses and help to develop a home practice.

- Personal Practice Basics
- Practice of Standing Poses
- Practice of Inverted Poses
- Practice of Forward Bends
- Practice of Backbends

Ongoing Yoga Class

Participants in the Personal Practice Year are required to attend a weekly class, Level 2–4 or 3–5, with a Yoga Room teacher or graduate.

Home Practice

First year students are required to practice at home a minimum of five times a week—twice for an hour and three times for at least half an hour. Second year students are required to practice a minimum of five times a week for at least an hour each time.

Evaluation

Upon completion of their first year, students will be interviewed for admission into the second year of the program. To be eligible for the Teacher Training Year, students must have successfully completed all Special Studies classes and Personal Practice classes or their equivalents, and attended their weekly ongoing class on a regular basis. In addition, students should have maintained a consistent home practice for the previous six months.

CLASS DESCRIPTIONS

September–October 2012

BREATHING AWARENESS

with Gay White

Mon, 5:45–7:15pm, 9/10–10/22

Each class will begin with supported and restorative poses to relax the pelvis and open the chest. We'll then practice breathing awareness and some basic pranayama. There will be time for questions and discussion.

PERSONAL PRACTICE BASICS

with Sandy Blaine

Mon, 7:30–9:00pm, 9/10–10/22

This class will help you develop and sustain a home yoga practice. We'll explore obstacles to practicing, sequencing poses, and how to create a nourishing, well-balanced practice.

October–December 2012

ANATOMY I

with Bonnie Maeda

Mon, 5:45–7:15pm, 10/29–12/17

In Anatomy I, we will study the structural body, the bones and joints, as well as the major internal organs and their function. Required Text: *The Anatomy of Movement*, by Blandine Calais-Germain.

PRACTICE OF STANDING POSES

with Gay White

Mon, 7:30–9:00pm, 10/29–12/17

The standing poses are the foundation of yoga practice in the Iyengar tradition. They strengthen the legs, improve the mobility of the hip joints, and create a firm and steady base for the elongation of the spine. In this course, we will explore proper alignment, sequencing of poses, and the use of props.

January–February 2013

THE WISDOM OF YOGA

with Phid Simons

Mon, 5:45–7:15pm, 1/7–2/25

This course will introduce the principles and common themes of Indian philosophy, as taught in the *Yoga Sutras* and the *Bhagavad Gita*. We'll apply the wisdom of these ancient teachings as a guide to self-understanding, more effective practice, and greater happiness.

PRACTICE OF INVERTED POSES

with Sandy Blaine

Mon, 7:30–9:00pm, 1/7–2/25

This class will focus on the practice of headstand, shoulderstand, handstand, and elbow balance. We'll explore sequencing inverted poses in relation to standing poses, forward bends, backbends, and twists and to modify our practice to deal with injury and limitation.

March–April 2013

ANATOMY II

with Shari Ser

Mon, 5:45–7:15pm, 3/4–4/22

We will study the major muscles of the spine, shoulders, arms and hands, pelvis, legs and feet. There will be an additional charge of \$10 for a class reader. Open to students who have completed Anatomy I.

PRACTICE OF FORWARD BENDS

with Debbie Gilman

Mon, 7:30–9:00pm, 3/4–4/22

This course will focus on sequencing and practicing seated forward bends. We will also learn how to modify poses to deal with limitations and injuries. Students will be asked to keep a journal of observations and insights.

April–June 2013

PRANAYAMA

with Donald Moyer

Mon, 5:45–7:15pm, 4/29–6/24 (not 5/27)

Pranayama is the practice of yogic breathing exercises, which are intended to increase your vitality and improve the quality of your breath. This course will introduce the basic techniques of pranayama as presented in *Light on Pranayama*, by B.K.S. Iyengar.

PRACTICE OF BACKBENDS

with Gay White

Mon, 7:30–9:00pm, 4/29–6/24 (not 5/27)

Backbends restore a normal spinal curve and strengthen the back muscles. They open the chest, stimulate the nervous system and increase vitality. This class is meant to deepen our understanding of backbends and explore different ways of practicing them.

YEAR 2: TEACHER TRAINING YEAR

YEAR 2 OVERVIEW

Weekly Requirements

September-June

| | |
|-------------------------|------------------|
| Teacher Training Class | Tues 7:30–9:00pm |
| Teaching Practice Class | Wed 5:45–7:15pm |
| Apprenticing | 6 months |
| Supervised Teaching | 4 months |
| Ongoing Yoga Class | Level 2–4 or 3–5 |
| Home Practice | 5x 1 hr per week |

Teacher Training Classes

These classes explore basic principles of movement in relation to asana practice.

- Foundations of Asana
- Teaching of Standing Poses
- Teaching of Inverted Poses
- Teaching of Backbends
- Teaching of Forward Bends

Teaching Practice Classes

These classes focus on communication skills and hands-on adjustments.

- Introduction to Apprenticing
- Basic Teaching Skills
- Teaching Practice Class (2 series)
- Kinesiology and Yoga

Apprenticing

Apprenticeship involves assisting for at least six months at a weekly class, preferably Level 1–2 or 1–3, with a Yoga Room teacher or graduate. Introduction to Apprenticing is a prerequisite.

Supervised Teaching

You are required to teach an ongoing class for beginning students for at least four months under the supervision of a Yoga Room teacher or graduate, who will observe the class at least once. The fee is \$184.

Ongoing Yoga Class

Participants in the Teacher Training Year are required to attend a weekly class, Level 2–4 or 3–5, with Mary Lou Weprin or Donald Moyer.

Certification

Students who successfully complete all requirements for Years 1 and 2 of the Advanced Studies Program will be awarded a Yoga Room Advanced Studies Certificate, and will be eligible to join Yoga Alliance at the 500-hour level.

CLASS DESCRIPTIONS

September–October 2012

FOUNDATIONS OF ASANA

with Mary Lou Weprin
Tues, 7:30–9:00pm, 9/4–10/23

This asana class will examine the basic principles of movement and alignment, and the spiritual and philosophical values inherent in the Iyengar method of hatha yoga.

INTRODUCTION TO APPRENTICING

with Gay White
Wed, 5:45–7:15pm, 9/5–10/17

This series is an introduction to assisting in an asana class. We will practice basic manual adjustments—developing our sense of touch to convey clear directions in a respectful way.

October–December 2012

TEACHING OF STANDING POSES

with Mary Lou Weprin
Tues, 7:30–9:00pm, 10/30–12/18

This class will focus on the sequencing of the standing poses and their relationship to each other. We will learn how to adjust standing poses for particular needs using props and variations of the poses.

BASIC TEACHING SKILLS

with Sandy Blaine
Wed, 5:45–7:15pm, 10/24–12/19 (not 11/21)

This class will consider the fundamental skills required to teach a safe and effective yoga class for beginners, including verbal instructions, manual adjustments, and the basics of managing a class. Required text: *Teaching Yoga* by Donna Farhi.

January–February 2013

TEACHING OF INVERTED POSES

with Mary Lou Weprin
Tues, 7:30–9:00pm, 1/8–2/26

This class will explore proper sequencing and preparation for inverted poses, how to determine when a student is ready to practice an inversion, and various ways to prop and modify these poses for special needs.

TEACHING PRACTICE CLASS

with Gay White
Wed, 5:45–7:15 pm, 1/9–2/27

Each week a different apprentice will teach an hour-length class. Written feedback will be requested from all class participants, and assessed by the teacher moderating the class. There will be time for discussion.

March–April 2013

TEACHING OF BACKBENDS

with Mary Lou Weprin
Tues, 7:30–9:00pm, 3/5–4/23

Starting with a basic understanding of movement theory in relation to backbends, we will explore when and how to introduce various poses, including special preparations, and the use of props and adjustments.

TEACHING PRACTICE CLASS

with Sandy Blaine
Wed, 5:45–7:15 pm, 3/6–4/24

Each week a different apprentice will teach an hour-length class. Written feedback will be requested from all class participants, and assessed by the teacher moderating the class. There will be time for discussion.

April–June 2013

TEACHING OF FORWARD BENDS

with Mary Lou Weprin
Tues, 7:30–9:00pm, 4/30–6/18

This course will explore safe ways to teach seated forward bends, using preparatory exercises, props, and manual adjustments. We will practice both working dynamically for proper alignment and holding the poses longer for their restorative power.

KINESIOLOGY AND YOGA

with Shari Ser
Wed, 5:45–7:15pm, 5/1–6/19

This class will focus on the basic principles of movement of the major muscles and joints, especially the knees, hips, pelvis, spine, and shoulders. There will be an additional charge of \$10 for a class reader.

YEAR 3: CONTINUING EDUCATION

YEAR 3 OVERVIEW

Continuing Education September–June

| | |
|-------------------------|---------|
| Graduate Seminar | Monthly |
| Saturday Workshops | Monthly |
| Advanced Practice Class | Weekly |
| Pranayama | Monthly |

Continuing Education

If you have graduated from our Advanced Studies Program, or if you are certified by another teacher training program at the 200-hour level or greater, you can earn Continuing Education Units by taking any of the following classes at The Yoga Room.

Monthly Graduate Seminar

A Graduate Seminar in Seeing & Understanding Bodies will be given for three hours one Saturday afternoon each month for ten months. See listing for 2012–2013.

Advanced Practice Class

The Advanced Practice Class, led by Mary Lou Weprin and Michael Lucey, meets from September–May at 9:30–11:30am every Thursday morning at the Oakland Yoga Studio. For permission to join the class, contact Mary Lou at 510–236–0295.

Monthly Pranayama Class

The ongoing pranayama class with Donald Moyer meets once each month from September–June on Thursday afternoon from 2:00–3:30pm. For more information, call Donald at 510–848–0993.

Seminars are subject to change.

Please confirm times and dates on current Yoga Room schedule.

GRADUATE SEMINARS

SEEING AND UNDERSTANDING BODIES I

with Donald Moyer
Sat, Sept 8, 2–5pm

In this seminar, we will explore basic questions of alignment. Reading: *Rolfing*, Preface; Chapters 1–2.

SEEING AND UNDERSTANDING BODIES II

with Donald Moyer
Sat, Oct 6, 2–5pm

In this seminar, we will focus on the feet and ankles, especially in standing poses. Reading: *Rolfing*, Chapters 3–4.

TEACHING OF RESTORATIVE YOGA

with Bonnie Maeda
Sat, Nov 3, 2–5pm

In this seminar, we will learn how to individualize restorative poses for students with various health conditions and needs.

SEEING AND UNDERSTANDING BODIES III

with Donald Moyer
Sat, Dec 1, 2–5pm

In this seminar, we will explore the proper alignment of the knees and legs. Reading: *Rolfing*, Chapters 5–6.

SEEING AND UNDERSTANDING BODIES IV

with Donald Moyer
Sat, Jan 5, 2–5pm

This seminar will consider the alignment of the pelvis, and develop awareness of the sacrum and tailbone. Reading: *Rolfing*, Chapters 7–8.

SEEING AND UNDERSTANDING BODIES V

with Donald Moyer
Sat, Feb 2, 2–5pm

In this seminar, we will discuss the importance of the inner groins and the iliopsoas. Reading: *Rolfing*, Chapters 9–10.

PRACTICING MANUAL ADJUSTMENTS

with Gay White
Sat, Mar 2, 2–5pm

In this seminar, you will refine your sense of touch, learn useful hands-on adjustments, and get practical experience assisting asanas.

SEEING AND UNDERSTANDING BODIES VI

with Donald Moyer
Sat, Apr 6, 2–5pm

This seminar will cover aspects of the thorax, with particular focus on the sternum and collarbones. Reading: *Rolfing*, Chapters 11–13.

SEEING AND UNDERSTANDING BODIES VII

with Donald Moyer
Sat, May 4, 2–5pm

In this seminar, we will explore the relationship between the arms and shoulder blades, and will also consider the elbows, wrists and hands. Reading: *Rolfing*, Chapters 14–15.

SEEING AND UNDERSTANDING BODIES VIII

with Donald Moyer
Sat, June 1, 2–5pm

In our final seminar, we will consider the head and neck, with particular emphasis on the cervical curve. Reading: *Rolfing*, Chapters 16–18.

Graduation for Class of 2013

Saturday, June 22, 3–5pm

Family and friends are welcome!